Hospital Bag Checklist

Everything to pack for labor, delivery, and your first days postpartum.

Documents & Essentials

- [ ] Pack your photo ID and insurance card in an outside pocket
- [ ] Bring your hospital pre-registration or admission paperwork
- [ ] Add a copy of your birth plan, with a few extra printouts
- [ ] Include your prenatal records or your provider's contact information
  Ask your provider whether you need to bring records or if they share them directly.
- [ ] Pack your phone and a long charging cable
- [ ] Bring a small amount of cash for vending machines or parking

For the Birthing Parent

- [ ] Pack a comfortable robe and warm socks with grip soles
- [ ] Bring two or three pairs of high-waisted, breathable underwear
- [ ] Add a loose going-home outfit that fits a postpartum body
- [ ] Pack two nursing bras or comfortable soft bras
- [ ] Include lip balm, hair ties, and a wide-tooth comb
- [ ] Bring your eyeglasses and contact lens supplies if you wear them
- [ ] Add flip-flops for the shower

Comfort & Labor Support

- [ ] Pack a few favorite snacks for after delivery
  Check with your provider about eating during labor itself.
- [ ] Bring a refillable water bottle with a straw
- [ ] Add a small fan or handheld mister for warmth and cooling
- [ ] Include a playlist, earbuds, or a portable speaker
- [ ] Pack a focal item or photo that helps you relax
- [ ] Bring an extra pillow from home with a colored pillowcase

Toiletries & Personal Care

- [ ] Pack a toothbrush, toothpaste, and travel-size deodorant
- [ ] Bring a gentle face wash and your everyday moisturizer
- [ ] Add dry shampoo and a small hairbrush
- [ ] Include any prescription medications in their original bottles
- [ ] Pack overnight pads and disposable underwear for postpartum bleeding
- [ ] Bring nipple cream if you plan to breastfeed

For Your Partner

- [ ] Pack a full change of clothes and comfortable shoes
- [ ] Bring a separate phone charger and a battery pack

- [ ] Add snacks and a refillable water bottle
- [ ] Include a small toiletry kit and a light blanket
- [ ] Pack a sweater or hoodie, since hospital rooms run cold

For the Baby

- [ ] Install the car seat in advance and learn how to buckle it
- [ ] Pack two newborn outfits plus a soft going-home outfit
- [ ] Bring a hat, socks, and scratch mittens
- [ ] Add a weather-appropriate bunting or blanket for the ride home
- [ ] Include a swaddle blanket if you have a favorite
- [ ] Pack any pacifiers you'd like to try, if you choose to use them

Before You Leave

- [ ] Confirm the route to the hospital and a backup route
- [ ] Top off the car's gas tank ahead of your due date
- [ ] Set out a list of emergency contacts and your provider's number
- [ ] Arrange pet or older-sibling care and have it on standby
- [ ] Charge your phone and camera the night before if labor signs appear